

Getting ready for a speech-language assessment

A one-page checklist for families and adults. Fill it in before the appointment and bring it with you.

1 Before the appointment: what I notice

2 or 3 moments when communication felt hard

2 or 3 moments when it felt easier

Languages used at home (who speaks which language, and how often)

2 What to bring

- ☐ Previous reports (speech therapy, psychology, occupational therapy...)
- ☐ Hearing test results
- ☐ Comments from daycare, school or work
- ☐ Health history and current medication
- ☐ Your insurance details, if you plan to claim
- ☐ Adults: a short voice memo recorded on your phone

3 On the day

- ☐ Let your child come as they are: no rehearsing, no "don't make mistakes"
- ☐ A favourite toy or book can help a young child settle
- ☐ Arrive with questions, not with a diagnosis in mind

4 Questions to ask when you get the report

- ☐ What did you observe, and what does it likely mean?
- ☐ What do you recommend, and why?
- ☐ What can we do at home or at work?
- ☐ When should we check in again?
- ☐ Who will receive the report, and with whose consent?

Notes
